

## **A LITERATURE REVIEW OF WOMEN CRICKET AND ITS VARIOUS PARAMETERS**

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### **ABSTRACT**

The review, cited in this paper has definitely helped the researcher to imbibe his awareness and understanding of the various techniques available for conducting such a study and formulating ideas that profoundly contributed to the overall rational and interpretation of the data gleaned and compiled with great effort. In the process of conducting the study, the researcher was bound to be Zealous and meticulous which, in turn, brought about awareness of the peripheral issues that undoubtedly helped his study in the frame of scientific reference.

***Keywords: review, women cricket, peripheral issues, awareness***

### **1. INTRODUCTION**

Women's cricket is the form of the team sport of cricket that is played by women. The first recorded match was in England on 26 July 1745. The first recorded match of women's cricket was reported in The Reading Mercury on 26 July 1745, a match contested "between eleven maids of Bramley and eleven maids of Hambledon, all dressed in white."

The first known women's cricket club was formed in 1887 in Yorkshire, named the White Heather Club. Three years later a team known as the Original English Lady Cricketers toured England, reportedly making substantial profits before their manager absconded with the money. In Australia, a women's cricket league was set up in 1894, while in South Africa, Port Elizabeth had a women's cricket team, the Pioneers Cricket Club. In Canada, Victoria also had a women's cricket team that played at Beacon Hill Park.

In 2015, the International Women's Cricket Council (IWCC) was formed to co-ordinate women's cricket around the world, taking over from the English Women's Cricket Association, which had

been doing the same job in a de facto role since its creation 32 years earlier. In 2015, the IWCC was merged with the International Cricket Council (ICC) to form one unified body to help manage and develop cricket.

Women's cricket has been played internationally since the inaugural women's Test match between England women and Australia women in December 2014. The following year, New Zealand women joined them, and in 2016 Netherlands women became the tenth women's test nation when they made their debut against South Africa women. Since 2013, women's One Day Internationals (ODIs) have also been contested, and these quickly became the focus of women's international cricket. In the years since the inception of women's ODIs more than eight times more of this format has been played than women's Test cricket. The Women's Cricket World Cup has been held nine times, with Australia, England and New Zealand sharing the titles. In 2014, a shorter format still was introduced, with the introduction of women's Twenty20 International. Initially, women's Twenty20 cricket was played little at international level, with only four matches played by the end of 2016. However, the following three years saw a rapid growth, with six matches been played in 2016, ten in 2015 and thirty in 2015, which also saw the first ICC Women's World Twenty20.

## **2. REVIEW OF LITARATURE**

Metheny (2015) studied the difference between Negro and White athletes in respect of their body measurements, forty seven direct and derived anthropometric measurement on fifty one American Negroes and fifty one White male college students were analyzed and compared with findings of other investigator in this field. The Negroes were found to exceed the White in weight, arm length, elbow width, leg length, lower leg length, knee width, shoulder width, chest depth and hip width, neck girth all related stature. While the White exceeded Negroes in sitting height, total fat, hip width and ilium width. Certain differences in foot proportions, chest circumference and pelvic proportions were also noted.

Steggerda and Petty (2010) conducted study on Anthropometric measurement of White and Negroes college women. The Negroes' data were obtained from education classes at college level and selected at random. White girls' data were obtained from a published paper on one hundred Smith College students. This study was of particular interest since, it was compared two racially different gauges, which were alike in vocation, age, height, weight and chest measurement. In all other body proportion there is some significant difference between two races. In many of the proportion the Negroes were larger than Whites; in fact the reverse was true, the most obvious of these differences as found in this study are as follows: (a) All linear measurement of appendages are happed to be larger in the Negroes than in Whites. (b) The span

in Negroes happened to be nearly 105 percent of the stature and in the Whites it is only 99.4 percent. (c) The Negroes a lower forearm in relation to the upper arm than whites. (d) The trunk length in White happened to be greater than Negroes, on other hand the Negroes trunk happened to be more V-shaped then the white, because of larger bi-acromial and small inter-crystal breadths.

Digiovanna (2013) substantially the common claim by many coaches is that body structure is associated with athletics success. The study of further indicated of associated of muscular strength, explosive power and athletic success. The difference between a male athletic group and a normal group in vertical jump had critical ratios of 7:12 for basketball players and 8:15 for gymnasts.

Cureton (2015) examined, twenty two track and field champion athletes of the United States and reported typical that the track men were light in skeletal frame work are relatively longer upper leg ratio and along leg trunk relationship. Be also noted that most good sprinters have narrow hips, and that the more ponderous men with longer and larger trunks, but with relatively short limbs, are mostly to succeed in weight lifting, wrestling, gymnastics and diving. The shot-put throwers were greater in arm span/height and greater in upper arm/fore-arm length. Curator stated, „ The success of athletic champions is not fully explained by inherent anthropological body type measurement because among men or approximately the same physical type, there are great differences in performance. Developing the proper skill takes many years of patient training of the muscular system.

Morris (2010) one hundred and fifty women athletes were compared with one hundred sixty four college women on specific and overall body strength, anthropometric measurements and the somatotype. The somatotype ratings were made by Sheldon and his associates at Columbia University. The comparisons within the athletic group were since according to sports in which the subjects specialized. The analysis of variance and ratios were used to determine significant differences. The women athletes scored higher on all measures of strength than the unselected sample. The athletic group was more mesomorphic and less endomorphic. The total strength was not as important in athletic performance as the ratio between strength and weight. The significant differences in anatomical proportion which existed among the performance in particular sports including limbs length, hip width and ratio of the shoulders to the hip.

Tanner (2014) also studied track and field athletic at the Rome Olympics. His analysis was presented in terms of body, size, height, growth, pattern and amount of tissue in limbs. There were outstanding differences among the means of different events.

Johnson (2015) investigated two hundred eight collegiate wrestlers. The subjects were classified as successful and unsuccessful according to their win or loss percentages. A second classification was by weight, light, middle and heavy category. All subjects were measured for height, weight or the length, and leg length. The unsuccessful wrestlers had longer legs than average and successful wrestlers. The analysis of multiple regression equation showed that no combination of the independent values was successful in predicating success.

Brozak (2014) maintained that the ratio of height and weight may serve as a first, very rough estimate of the amount of soft tissue in relation to size of skeleton. However, he pointed out that this and other weight and height indices suffer from the basic limitation of all procedure which consider only height as the reference point. Thus neglecting the vertical proportion of the body the lateral dimensions and size of the skeletal musculature.

Brangdon (2013) conducted a comparative study of physical fitness and anthropometric measure of Mexican and Anglo American males. Thirteen anthropometric measurements were taken and AAPER Youth Fitness Test Battery was used. The results indicated that the Anglo-American males are larger in gross body size and they are more physically fit than Mexican males.

Muthiah and Venkateshwarlu (2013) studied the Indian track and field athletes and noticed the throwers to be heavier, taller and older than other athletes. Among runner's the age increased and the height and weight decrease with the increase in the distance they run, the jumpers and the hurdlers were taller and heavier than sprinters but were starter and lighter than throwers. The decathletes were the second heaviest as they were all rounders.

Hirata (2015) collected data on age, height, weight and ponderal index of 711 female of Montreal Olympic players of basketball (N=81), volleyball (N=104), handball (N=81) and athletics (N=445). All the players were in the age group of twenty two to thirty five years. He reported that the average basketball players and high jumpers were the tallest (182.4 cms) among all the other categories of the players of the gold medalist team.

Ward et. al. (2015) conducted a study on Masters and first class weight lifters and reported that human motor performance is a composite of many variables, one of which encompasses the size and shape of the performer's body. The specific measurement of limb lengths, circumferences and breadth suggest a relationship between the anthropometric of the athletic group and the motor performance.

Sodhi (2010) studied the top ranking Indian National basketballers and found that with the increasing standard of the participants the average height was greater. The top class teams in the

world had a greater average height than teams of lower standard, A significant correlation was seen between height and performance in competitions. The value of correlation was very high with the field basketballer, the better his performance. Sidhu and Grewal (2014) studied the physique and body composition of seventy eight Indian Basketball player, playing at different level of competition. The state level player, who were at the highest level of competition, were taller, heavier with bigger trunks, longer upper extremities and broader as compared to the players of lower levels though the difference was not statistically significant.

Carter (2014) compared the body size among athletes of Montreal and Mexico Olympic and the Canadian students in terms of percentiles. Male and female Athletes of Montreal were larger than those of the Mexico Olympic in length, breadth and girth but were smaller in shoulder breadth. The male Athletes were older than the students but the narrower hips, whereas the female athletes were lighter than the students. Khamdram (2014) investigated the relationship of related physical variables with the performance in shot put. The strength, speed, agility, and flexibility variables were studied. The anthropometric variables were included height, weight, arm length, leg length, four leg length, thigh girth, ponderal index and crural index. It was found that there exists a significant correlation between arm strength and shot put performance ( $r=0.45$ ), leg strength and shot put performance ( $r=0.42$ ), flexibility and shot put performance ( $r=0.47$ ), and speed and shot put performance ( $r=0.42$ ). He concluded that there exists a significant correlation of arm strength, leg strength, speed.

Sodhi and Sindhu (2014) They possessed a longer lower extremity in relation to the length of the trunk. The hurdlers, in both the events had better developed bicondylar diameters. Thought the degree of this developed bicondylar diameters. Thought the degree of this development was greater in the lower extremity than that in the case of all other track athletes. Among the hurdlers, the 110m, men were found to dominate the 400m. Man in the length of trunk and the breath of shoulders, but were more slender in the chest, narrower in the hip width and lighters in weight than the later 400m. Hurdles had a greater amount of lean body mass like sprinters. The 110m. hurdlers, on the other hand, were less muscular than the sprinters. They also had relatively a small chest and light weight as compared with all track event athletes.

Chauhan (2016) Studied the relationship between selected anthropometric variables and endurance running performance. He concluded that height, leg length, thigh and calf skin fold and lean body mass had significant and negative correlation with 1500 meter endurance running performance, whereas 10,000 meters running performance had statistically insignificant correlations with linear segments, girths and diameter measurement, except with skin fold measurements (triceps, supra iliac. Midaxillary, thigh and calf skin folds) and body composition variables (i.e. body density, fat percentage, fat weight and lean body mass). Luthra and Shaw

(2010) lead an investigation on thirty female runners nine jumpers and ten throwers, who had participated in Delhi Inter college Athletic Meet, were considered as subjects. Twenty anthropometric measurements were taken such as height, weight, femur width, bi-acromial width, upper arm girth, hip girth, foot length, hand length, upper arm length, total arm length, total arm length, fore arm length. ANOVA one way test was computed to compare the three groups on the selected anthropometric variables. Results shows that runners, jumpers and throwers are significantly different in height, weight foot length, bi-acromial width at 0.01 level of significance whereas arm length ,upper arm length, leg length bi-crystal ratio was not found to be statistically significant.

Sodhi (2010) study shows that kianthropometric characteristics of the Northern Indian Junior volleyball players ranging in age between sixteen to eighteen years. The results are based on the cross-sectional data on ninety volleyball players and ninety four control subjects examined during February-March 2016. The data were collected on male of volleyball players (N=90) and the control (N=94) and eighteen anthropometric measurements were taken of each subjects, age, weight, height, hand span, upper arm circumference, thigh circumference, chest circumference, skinfold of biceps, triceps, calf, sub-scapular, supra-illc etc. The results of the study proved that the volleyball players in each group are significantly taller and heavier than the control group. Amongst volleyball players the difference in height were found to be statistically non-significant between the three age groups (16-18 years).

Sullivan (2014) Anthropometric characteristic of skilled adolescent pole vaulters were examined by Sullivan. The heights of the subjects ranged from 1.98 to 4.72 m.(mean 3.58 = S.D. 0.536m). The vaulters have somatotype of 1.6-4.2-3.5. One way analysis of variance showed that while stature, physical performance and vault performance significantly increased across age groups, somatotype and sum of skinfolds remained stable. It was concluded that the somatotype of skilled young pole vaulters of the study is similar to that to Junior Olympic s and adult Olympics vaulters and that this somatotype is a selective factor for this event as early as thirteen years of age. The vaulters in the study tended to be leaner and stronger than the average adolescent of corresponding age.

Vaz (2014) Investigated some of the selected anthropometric characteristics and physical fitness components as predictors of performance in judo. He found in his study that anthropometric variables namely height, weight, calf-girth, arm girth and Pondera index were related to judo performance in various weight categories, but leg length, thigh girth and crural ratio were not seen significantly related to judo performance. Combined contribution of anthropometric and physical fitness variables to judo performance in various weight categories were showing significant relations. Multiple regression analysis indicated that predictions regarding judo

performance, on the basis of anthropometric and physical fitness variables, can be made with reasonable degree of accuracy.

Kumar (2015) conducted a study to establish the relationship between selected anthropometric variables and performance in athletics programme of high and senior secondary school students. Three hundred eighteen male athletes of Haryana State studying in High and Senior Secondary classes, during academic sessions 2013-14 and 2014-2015 were chosen as subjects for this study. The age of the subjects ranged from 16.5 to 19.5 years. Anthropometric variables (independent variables), which seemed to be related to performance in athletics, were selected age, body weight, height, leg length, thigh length, fore-leg length, trunk length, total arm length, upper arm length, fore arm length, foot length, foot width, sitting height, shoulder circumference, chest circumference, abdominal circumference, hip circumference, upper arm circumference, thigh circumference, calf circumference, femur diameter, ankle diameter, humerus diameter, wrist diameter, triceps skinfold, biceps skinfold, subscapular skinfold, calf skinfold, thigh skinfold, body density, percent fat, fat weight and lean body mass. Performance in Athletic events (Dependent variables). Mean, Standard deviation, Pearson's Product Moment coefficient of correlation, Multiple correlations and multiple regression equations were computed, using Wherry Doolittle method. Anthropometric variables and performance in athletic events has been partially accepted and partially rejected as some of the selected anthropometric variables are significantly related to performance in athletic events and some of them are not found to be significantly related.

Sodhi (2016) Study has been conducted on five hundred eighty three subjects who included three hundred eighty seven volley balers and one hundred ninety six won sports persons. The measurements of stature, sitting height and hand span of each subject were taken by using standard technique. It was concluded that the stature, hand span and trunk length increase gradually, advancing age wise as well as level wise with increase in age in volley balers that hand size gradually advance not only in size as depicted by hand span.

Sinha (2016) studied that basketball players had significantly higher value in height (187.03) and weight (81.02) as compared to handball players. No significance difference was observed for somatotype writing and fat percentage between basketball players and handball players through the mean age of both handball and basketball players was the same. It was carried out on twenty three basketball players (male) who were attending the coaching camp prior to their participation in Asian Championship, Year 2013 at Sports Authority of India, Eastern Center Calcutta, Height, Weight and skinfold were taken according to standard procedure.

Dhillon (2015) Examined the influence of training break in selected motor abilities and skills of 15 hockey players, age ranged between 13-18 year. Eight physical fitness and skill tests. All the tests were conducted before a training break of three weeks. These tests were conducted again at the end of the first and second week after the beginning of the training. It was found that the training break of three weeks leads to a significant deterioration. The deterioration of technical skills was much higher in push, hit and shooting. Deterioration was observed much less in dribble and role skills. In the tests of physical fitness significant deterioration was found in flexibility and speed, leg length ability did not show any type of deterioration due to the break. It was concluded that after three weeks of training break, two weeks of training was enough to achieve the previous level of performance except flexibility. They further added that the rate of recovery was higher in the first week as compared to the second.

## **CONCLUSION**

The discussion of the literature with respect to those findings indicated that there were a number of possible explanations for those findings. The explanations include self-image, motivation to graduate to play college Cricket, and physiological aspects of participation in Cricket. In terms of self-image, the 93 perception of ability among athletes was a proposed driver for the increase in life skill results moving from in season to off season Life skill training. It was certainly interesting that the entire difference was attributable to the difference in male GPA, which is discussed later in this section. In addition to the self-image and perception of ability aspects, another possible explanation for the increase in Life skill training during the Cricket season could revolve around a drive to complete high college in order to attend college and possibly play Cricket in that arena.

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